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## TWO HOURS TRAFFIC NOT MOVING

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## What's with the weather?

'It was a mess all over' and it's not going anywhere soon PAGE 3

... but there's no telling if we'll get a white Christmas PAGE 6

## Newest nation could crumble over violence

Fear of civil war looms over South Sudan as more than 500 are killed in last four days PAGE 10

# Food banks ready to give holiday cheer

**Christmas hampers.** HRM non-profits still in need of donations of toys, canned goods



HALEY  
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With less than a week until Christmas, HRM food banks say they're in full swing packing holiday food baskets and making sure there's enough donations to go around.

Mel Boutilier of the Parker Street Food and Furniture Bank said Thursday that "it's always a struggle" to keep levels high, but suppliers and private donations have pulled through so that over 1,100 families will get a full Christmas hamper.

Although there's been a rise in the box requests this year, Boutilier said what they really need right now are non-stuffed toys for kids.

"Everybody gets excited about having some gifts," Boutilier said, adding he just told a woman he'd help her find toys for her seven-year-old son and got a hug in return.

"It brings joy when you can see somebody else being happy," he said.

Donated toys go into each family's hamper, depending on how many children there are, and Boutilier said hundreds of people will also come through the food bank Thursday to pick out their own toys.

Boutilier said it's important for a family to sit down together over a meal once a year. "They can come together and have a happy time around the

Christmas table. It has some great meaning," he said.

Feed Nova Scotia's executive director, Dianne Swinemar, said December is the non-profit's busiest month because they collect about three to four months' worth of food.

About 45 to 55 per cent of their overall \$3 million budget is raised this month as well, Swinemar said.

"It's that time of year when we're focused on supporting our neighbour. It just is, it's what the season means," Swinemar said.

She said while it's great people want to donate holiday foods in December, most of their Christmas baskets are already filled by their turkey and produce suppliers, so they really need canned and packaged goods to last past New Year's Eve.



## REIDY OR NOT, CAROL SEASON IS HERE

Scottish-born Canadian country singer Johnny Reid belts out some holiday favourites before a crowd of close to 5000 fans at the Halifax Metro Centre on Wednesday evening. JEFF HARPER/METRO

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## 'Outdated' law. Don't want to be \$10 poorer? Then shovel 'forthwith'!

If you're an able-bodied man in Nova Scotia, pick up your snow shovel. It's the law.

According to the province's Public Highways Act, "all physically fit male persons between the ages of 16 and 60 ... are required to work with their shovels on the highways during the winter whenever the highways become impassable from snow."

The law has been on the books in Nova Scotia since the act was penned in the 1930s and survived the most recent overhaul in 1989. However, Department of Transportation spokesperson Kim McKeage called the rule "outdated" and said it's not enforced.

According to McKeage, lawmakers are looking at modernizing the act.

A post about the law garnered swift and sarcastic reaction from Metro Halifax readers on Facebook.

"Well it sounds like DoT and HRM are breaking this Provincial law," wrote Leslie Schnare Harnish. "Their employees are able-bodied (hu)man. They should be up on charges lol."

"I'd like to see a cop arrest me for not shoveling," wrote Kirbus Maximus.

Clues to the law's vestigial nature can be found in its wording, which requires men to shovel "forthwith" and threatens scofflaws with a whopping fine of "not more than \$10."

LUKE SIMCOE/METRO ONLINE



Two people shovel a driveway on Kaye Street in Halifax Wednesday morning. HALEY RYAN/METRO

# More bad weather is headed our way

**'A mess all over' 18 accidents in HRM before 11:30 a.m. Wednesday**



HALEY RYAN  
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The inclement weather HRM has been having over the past two days will likely continue into the weekend as a heavy rainstorm heads towards the Maritimes.

According to Environment Canada meteorologist Paula Sutherland, the Halifax area appears to be on the "warmer side" of a system moving

across the province Saturday night into Sunday.

"It's a little early to talk about amounts," Sutherland said, adding the northern part of Nova Scotia might see freezing rain while the coastal and southern areas could get rain.

Eight centimetres of snow fell on Halifax, followed by four millimetres of rain on Wednesday, Sutherland said, creating slushy roads which resulted in more than a dozen accidents.

Halifax Regional Police spokesman Const. Pierre Bourdages said there were 18 accidents throughout HRM as of 11:30 a.m., including one pedestrian hit by a car.

Bourdages said there was a collision between a Metro

### Snowman's land

## 47 cm

The daily extreme snowfall record for Halifax in December, according to Environment Canada.

Transit bus and car on Portland Street in Dartmouth around 9:30 a.m., which sent the driver of the car to hospital. No one on the bus was hurt.

He said the accidents were spread throughout HRM along the 100-series highways, Halifax and Dartmouth, so one area wasn't much worse than any other.

"It was a mess all over," Bourdages said.

Sutherland said HRM has now received 44.6 centimetres of snow this month, just under the average monthly snowfall of 45.37 centimetres.

According to the HRM website, crews were "fully mobilized" and working to achieve service standards by 10:30 a.m.

Although the snow stopped before mid-morning, HRM said the ensuing rain could cause flooding issues, while low temperatures over the next 24 hours "will cause freeze-up and icy conditions throughout."

The city also said the remaining ice pack is causing issues for drivers and pedestrians, but crews will continue to "treat and scrape these areas."

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# Free root canals: Happy holidays!

**Santa Dentist.** Two Halifax clinics launch pilot project to give clients free dental work for Christmas



HALEY RYAN

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This Christmas Eve will see two Halifax dental clinics cutting their teeth on a new program where patients running low on funds can get their dental work done for free.

Dr. Atima Kamra of the Robie Street Dental Centre brought up the idea for the "Santa Dentist" pilot program after she said the free service day was a hit at her last office in Chicago.

"We have patients who literally don't have the finances to even afford something they really need," Kamra said.

The Robie Street practice will be joined by fellow Fine Touch Dental Atlantic Management branch, Gladstone Dental Centre, in the Dec. 24 program.

Both clinics will help 24 people in total.

Kamra said her clinic randomly selected 10 longtime patients who couldn't afford to

## Good hearted doc

"In an ideal world we'd do these kind of things more often."

Dr. Atima Kamra, Robie Street Dental Centre

come in around the holidays. She especially focused on seniors because they don't have the same insurance coverage kids do, Kamra said, and are often on a fixed income.

She said seniors tend to have lots of fillings or missing teeth due to the lack of fluoride when they were young, and are in need of expensive root canals or crowns.

"We're ideally preventing them from needing something much larger and bigger next year," Kamra said.

By donating five hours of her time, Kamra said she and her team could save around \$2,000 for the 10 people they'll see on Tuesday.

"You kind of kick yourself for not doing more," Kamra said. "We are health-care providers, number one. Our goal is to fix problems and help people."

Fine Touch said in a release they hope to expand the service to their seven clinics across Nova Scotia next year.



Dr. Atima Kamra jokes with patient Ron Pothier at the start of his appointment at Robie Street Dental Centre on Wednesday. JEFF HARPER/METRO

## Transit a big issue in budget talks



Improvements to Metro Transit services are a key concern for two HRM councillors, representing urban, suburban and rural residents.

METRO FILE

Transit issues are top of mind for two municipal councillors heading into budget deliberations for next fiscal year.

Coun. Jennifer Watts said residents in her north end Halifax district have been pleading for more bus shelters and a bus that travels from Dartmouth to Halifax and stops on Gottingen Street.

"Those are some very specific things, but just hoping to begin to do some testing with Metro Transit to see what might be possible in this year's upcoming budget," she said.

Watts said she'll also continue to champion for discounted transit passes for low-income residents.

The city's transportation standing committee voted earlier this month to send the proposal for a six-month pilot project to Halifax regional council for adoption.

Metro Transit was supposed to give their budget presentation to council on Wednesday, but it was cancelled because of the poor weather. Watts said the meeting has not yet been rescheduled.

Coun. Barry Dalrymple,

## Quoted

"That's what I'm looking for, some sort of tax and service balance and fairness." Coun. Barry Dalrymple

who represents Waverley-Fall River-Musquodoboit Valley, said he's looking for expanded bus service in his district.

It's one of many services of the municipality are lacking, he said.

"They tax the suburban, rural areas so heavily, yet provide so very few services," said Dalrymple on Wednesday. "At the end of the day, budget is all about, 'If you're not going to cut the taxes, we want some of the services.'"

Dalrymple said his community needs a rink, pool and library.

"You name it. This is a district that's lacking most, if not all, of those," he said. "People in this area are sick and tired of having to go elsewhere for everything." ALY THOMSON/METRO

## That bad, eh? Liberals too gloomy about finances: NDP

The acting leader of the Nova Scotia New Democrats says the new Liberal government is preaching doom ahead of a fiscal update to make the government's finances look worse than they are.

Maureen MacDonald, the former NDP finance minister, says the Liberals are stretching the truth by suggesting the former government had issued overly optimistic revenue projections earlier this year.

Finance Minister Diana Whalen said this week the gloomier numbers she will present Thursday means the

province probably can't afford the NDP's promised HST cut.

Whalen says the province can't afford to lose about \$190 million in revenue for each percentage-point cut. Whalen says the province's overall fiscal situation is worse since the NDP announced in August that the province was running a slender surplus of \$18.3 million.

MacDonald says the NDP's revenue projections — at well below two per cent in growth — were in line with what other provinces were predicting, far from the rosy forecasts Whalen is citing. THE CANADIAN PRESS

## Traumatic injuries

### Nova Scotians killed on job up since 2012

The number of workplace fatalities from traumatic injuries in Nova Scotia jumped to 10 in 2012-13, up from six during the same period a year earlier.

In its annual occupational health-and-safety report, the provincial government says

there were also 22 workplace fatalities caused by a long-term injury or illness, which was up by one death from the report issued last year.

The report covers a period from April 1, 2012, to March 31, 2013.

The government has previously announced plans to increase the number of inspectors and add to its prosecution team on workplace safety. THE CANADIAN PRESS



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## Ukraine. PM promises financial stability after Moscow deal

Ukraine's leadership on Wednesday praised a Russia-financed bailout as a guarantee of financial stability, while opposition activists claimed the deal is likely to worsen economic troubles.

Russian President Vladimir Putin on Tuesday pledged to buy \$15 billion worth of Ukrainian bonds and sharply cut the price of natural gas in an effort to relieve political pressure on Ukraine's embattled president, Viktor Yanukovich.

The Ukrainian economy risks a default next year, and over the past months Yanukovich has actively lobbied both Russia and the European Union for a financial life jacket.

His decision last month to opt for a deal with Russia trig-

gered a wave of demonstrations that have crystallized into a large, round-the-clock protest camp in Independence Square in Kyiv, the country's capital.

Prime Minister Mykola Azarov told a Cabinet meeting that the deal with Russia ensures "people's confidence in a stable life," while an association agreement with Europe would have given Ukraine a "New Year's present" of "bankruptcy and social collapse," according to the Interfax news agency.

It is unclear what Putin asked in return for his financial support, but reports suggest that Moscow wants Ukraine to purchase more natural gas and import Russian coal.

THE ASSOCIATED PRESS

## Romania. Officials accused of taking bribes for giving tips on corpses

Some 26 Romanian police officers and ambulance employees have been charged with calling undertakers to tell them that someone had died — or in some cases were not yet dead — in exchange for money.

Officials say the suspects called funeral parlour managers about people who had died in car accidents or collapsed on the street.

Prosecutor Corina Parascu told The Associated Press on Wednesday that 26 officials, 10 of them police officers, had been charged. Six of them were under arrest for about a month because they

were considered "a social danger." She said police and emergency officials would contact undertakers with the names and address of the deceased or gravely injured from the identity cards that Romanians always carry or send the telephone numbers of family members from victims' mobile phones. Undertakers would then contact the families to try to sell funeral services.

Local Romanian media reported that officials got up to 170 euros (\$235) for information on a fresh corpse. Police earn between 600 euros and 2,100 euros a month.

THE ASSOCIATED PRESS

### Guantanamo Bay

## Troops want U.S. Navy to remove nativity scenes

Some troops at Guantanamo Bay want the U.S. Navy to remove nativity scenes and Christmas decorations from two base dining facilities, saying they improperly promote Christianity over other faiths, an organization that advocates for religious freedom in the military said Wednesday.

A group of 18 service members from several faiths contacted the Military Reli-

gious Freedom Foundation for help in removing the Nativity scenes and decorations because they figured they would be ignored and feared retribution, said Mikey Weinstein, the president of the organization. The troops, he added, also prefer to remain anonymous because of a possible backlash.

"They are terrified," Weinstein said. "Right now, there is a witch hunt going on to find out who did this." Eleven of the troops who complained are Protestant and Catholic and the rest are Muslim, Jewish, agnostic or atheist, Weinstein said.

THE ASSOCIATED PRESS

# Russia approves new amnesty bill

**Protesters.** The bill could apply to Greenpeace activists and the two jailed members of the Pussy Riot punk band

Russia's parliament on Wednesday passed an amnesty bill that will likely apply to the 30-member crew of a Greenpeace ship detained after an Arctic protest, but it wasn't immediately clear if and when the activists, including two Canadians, would be allowed to leave the country.

A spokesman for Greenpeace said the organization had hoped Paul Ruzicki of Port Colborne, Ont., and Alexandre Paul of Montreal and 28 other activists could return home by Christmas, but that seems unlikely given the amount of red tape surrounding their release.

At the earliest, they may make it in time to ring in the new year, Diego Creimer told The Canadian Press.

The amnesty, which also would likely free the two jailed members of the Pussy Riot punk band, has been largely viewed as the Kremlin's attempt to soothe criticism of Russia's human rights records ahead of the Winter Olympics in Sochi next year. But opposition lawmakers argued it doesn't go nearly far enough and the complicated legislation appeared to leave many questions open.



Greenpeace International activists Philip Ball, left, from Britain, and Camila Speziale, of Argentina, embrace after hearing the Russian parliament passed an amnesty that would likely pardon them, in St. Petersburg, Russia, on Wednesday. DMITRI SHAROMOV/THE ASSOCIATED PRESS/GREENPEACE INTERNATIONAL

The State Duma on Wednesday voted 446-0 in favour of the carefully tailored bill, which mostly applies to those who haven't committed violent crimes, first-time offenders, minors and women with small children. Lawmakers said they expect about 2,000 people to be released from jail.

The Duma adopted last-minute amendments to the bill to include suspects of hooliganism who are still awaiting trial, a provision that could apply to the crew of a Greenpeace ship facing those charges after their September's protest in the Arctic.

THE ASSOCIATED PRESS

### Still in limbo

## Family 'cautiously optimistic'

The sister of one of two Canadian Greenpeace activists facing charges in Russia says she's "cautiously optimistic" that an amnesty bill passed Wednesday in Moscow will apply to them.

Patricia Ruzicki Stirling said the news brought some relief from the anxiety that has plagued her family for months, but the tight-

knit clan won't celebrate until Paul Ruzicki is back on Canadian soil. When he does arrive, however, his entire hometown will welcome him back with a massive party, she said.

"All he said was, 'We've been on this roller-coaster before,'" she told The Canadian Press. "He said, 'Things look good but please don't get all your hopes up until I call you and say I've signed my papers and we're headed to the airport,'" she said.

THE CANADIAN PRESS

# Liberal MP sorry for comments about actress Pamela Anderson

A Liberal MP in Newfoundland says he is sorry for "intemperate" comments he made on social media after actress Pamela Anderson and Sam Simon, co-creator of "The Simpsons," visited his province offering fishermen money to stop hunting seals.

Gerry Byrne has posted an online apology to Anderson and Simon, who were in St. John's, N.L., on Tuesday to offer \$1 million to the Canadian Seal-

ers Association to help bring an end to the commercial hunt.

According to a screen grab of his Twitter account, posted online by CBC, Byrne tweeted: "Hey Pam, here's a thought. Take your million and donate it to...sexually transmitted disease prevention education. Good self-promotion."

Another message from his account referred to Anderson and Simon as "a has been 'actor' with an incurable STD and

a guy dying of cancer."

Anderson was diagnosed with hepatitis C in 2001. Simon's terminal cancer was detected through much of his body last year.

In the apology on his website, Byrne says his comments were the result of "frustration, disappointment and anger" after hearing comments about the seal hunt and those who conduct it by people opposed to the industry.

"To all whom I have offended in any way, including Ms. Anderson and Mr. Simon, I sincerely apologize and retract the statements I made on social media. Our strong differences regarding what I believe to be a humane and sustainable harvest of seals off the Canadian coastline and what others may see it as may remain but I apologize for stepping beyond that debate."

THE CANADIAN PRESS



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# Ethnic violence kills 500 in four days as South Sudan crisis grows

**Worries of looming civil war.** UN chief calls for urgent solution as 20,000 forced to seek refuge

At least 500 people, most of them soldiers, have been killed in South Sudan since Sunday, a senior government official said, as an ethnic rivalry threatened to tear apart the world's newest country.

The clashes apparently are pitting soldiers from the majority Dinka tribe of President Salva Kiir against those from ousted Vice-President Riek Machar's Nuer ethnic group, raising concerns the violence could degenerate into a civil war.

Fighting spread on Wednesday to Jonglei, the largest state in South Sudan, where

troops loyal to Machar were said to be trying to take control of Bor, the state capital.

Machar himself is the subject of a manhunt by the country's military after he was identified by Kiir as the leader of an alleged coup attempt on Sunday. Machar has denied he was behind any coup attempt.

Barnaba Marial Benjamin, the foreign minister, told The Associated Press late Wednesday that there was heavy fighting in Bor, but he denied renegade soldiers had overtaken it.

At least 19 civilians have been killed in violence in Bor, said Martin Nesirky, a spokesman for the UN secretary-general's office, citing figures from the South Sudan Red Cross.

UN chief Ban Ki-moon told reporters Wednesday that South Sudan was experiencing a political crisis that "urgently needs to be dealt with through political dialogue." Ban said he



Civilians arrive at the UN mission in Juba, South Sudan, to take refuge on Tuesday. A political crisis has since Sunday turned into ethnic violence resulting in the deaths of 500 and the displacement of 20,000. ROLLA HINEDI/UNMISS/THE ASSOCIATED PRESS

urged Kiir "to resume dialogue with the political opposition."

South Sudan has been plagued by ethnic violence

since it peacefully broke away from Sudan in 2011 after decades of civil war.

The violence has forced

about 20,000 people to seek refuge at UN facilities in Juba since Sunday.

THE ASSOCIATED PRESS

## Analysis

### Breakout still unclear

Casie Copeland, the South Sudan analyst for the International Crisis Group who is in Juba, said key Nuer leaders in the army were defecting in Jonglei but that "events that led to Sunday's fighting remain unclear."

Toby Lanzer, the UN's humanitarian co-ordinator in South Sudan, said in a Twitter post that thousands of civilians in Jonglei had sought refuge at a UN facility there.

On Tuesday the United States ordered its citizens to leave South Sudan immediately.

THE ASSOCIATED PRESS

## Snowden seeking refuge in Brazil. Baird says NSA informer should surrender

National Security Agency leaker Edward Snowden should abandon his bid for asylum in Brazil and surrender himself to the United States, Foreign Affairs Minister John Baird said Wednesday.

Baird told The Canadian Press that Snowden's actions have compromised global security.

The U.S. wants to prosecute Snowden, who was granted temporary asylum in Russia. The move angered the Obama administration and has chilled relations between Moscow and Washington.

"I think he should go back to the United States and face the consequences of his actions," Baird said when asked about Snowden's outreach to the Brazilian government this week.

Snowden's cache of documents showed that Brazil was a prime target of the NSA in Latin America.

It also suggests Canada's spying agency once monitored Brazil's mines and energy department and helped the U.S. and Britain spy on participants at the London G20 summit in 2009.

## Give it up

**"I think he should go back to the United States and face the consequences of his actions."**

John Baird, Canada's foreign affairs minister, speaking about Edward Snowden's recent move to reach out to the government of Brazil for asylum.

In an open letter earlier this week, Snowden praised the Brazilian government for standing up to the U.S. for spying on the country.

Snowden's temporary asylum in Russia is to expire in August.

The Brazilian government has not given any signs of having a plan to take Snowden in.

Amnesty International has called on Brazil to seriously consider Snowden's asylum request.

Amnesty says he exposed the unlawful surveillance of private communications by the U.S. and that he might need refugee status.

THE CANADIAN PRESS

## Morsi faces death penalty in new trial accusing him of plotting terrorism wave

Egyptian prosecutors on Wednesday announced a new trial of ousted President Mohammed Morsi and the top leaders of his Muslim Brotherhood, accusing them of conspiring with Hamas, Hezbollah, Iran's Revolutionary Guard and militant groups to carry out a wave of terrorism to destabilize the country.

The charges, which carry a potential death penalty, are the most sweeping and heaviest accusations yet in a series of trials against the Brotherhood. The new trial of Morsi, the three top Brotherhood leaders and 32 other defendants appeared aimed at crippling the top echelons of the group and further tarnishing the Brotherhood among the public ahead of a key January referendum on a new constitution.

The new military-backed government is seeking a strong "yes" vote for the constitution to show the legitimacy of the political transition process put in place after the military removed Morsi on July 3. Brotherhood supporters oppose the new document and have vowed pro-

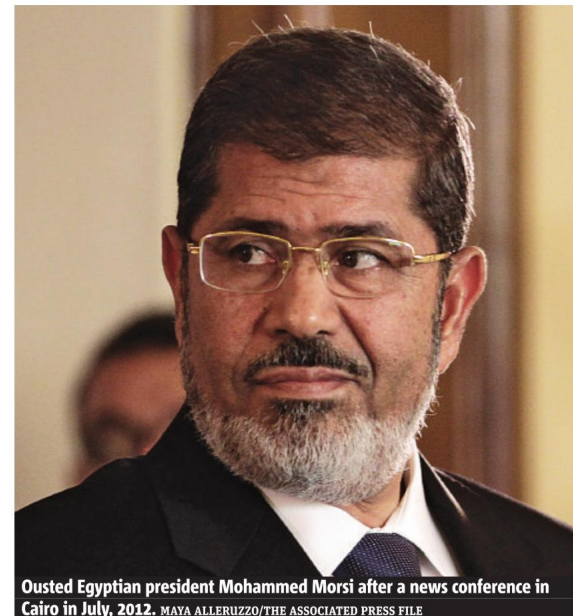
tests against it.

Since the coup, prompted by massive protests calling for Morsi's removal, Egypt has been in continual unrest. Morsi supporters have been holding near daily protests demanding his reinstatement, met by a fierce security crackdown that has killed hundreds of people and arrested thousands of Brotherhood members.

Meanwhile, a wave of retaliatory attacks by suspected Islamic militants have targeted Christians and security forces, and the Sinai Peninsula has been the centre of a mounting militant insurgency.

Throughout, the new government has depicted the Brotherhood as a violent movement that threatened the nation and forced the military to remove it from power. Previous, ongoing trials of Morsi and other Brotherhood leaders have focused on accusations of the group's alleged violence.

But the new charges take that claim to a new level, accusing the group of being enmeshed in deals with terrorists since 2005 aimed at



Ousted Egyptian president Mohammed Morsi after a news conference in Cairo in July, 2012. MAYA ALLERUZZO/THE ASSOCIATED PRESS FILE

attaining and holding onto power, of plotting the collapse of police and prison breaks during the 2011 uprising that brought autocrat Hosni Mubarak down and of organizing the Sinai militant backlash.

Mohammed el-Damati, a defence lawyer for the Brotherhood, denounced the new trial — and those already started — as "political," aiming to give a legal veneer to the crackdown.

THE ASSOCIATED PRESS



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# Canadians less likely to text their holiday hellos

**ONLY.** Of countries surveyed, Canadians texted season's greetings to friends and families the least

Would you dash off a quick text message to wish a friend or family member a Merry Christmas, Happy Hanukkah or Joyous Kwanzaa instead of calling?

Cellphone-toting Canadians are less likely than their global counterparts to text message home for the holidays, according to the results of an online Ipsos poll of 18,000 people in 24 countries.

Still, 59 per cent said they had done it in the past.

That was actually the lowest percentage among the two-dozen countries involved in the survey and well below the global average of 73 per cent.

About 89 per cent of the respondents in Sweden, 84 per cent of South Africans,



59 per cent of Canadians said they had texted holiday greetings in the past. ISTOCK

83 per cent of Russians and 82 per cent of Spaniards and Indonesians had sent their best wishes by text.

Canadian women were more likely than men to text their friends and family during the holidays (64 per cent versus 54 per cent of Canadian men) as were residents of British Columbia

and Alberta (69 per cent).

About 46 per cent of the Canadians surveyed said they've used Skype, FaceTime or another video conferencing app to communicate with family members, compared to the global average of 42 per cent.

Canadians were a bit below the global average

when it comes to using the cameras built into their mobile devices to take holiday snapshots, instead of using a traditional camera.

About 62 per cent of the Canadians polled said they've used their phone or tablet to take family photos, compared to the global average of 65 per cent. **THE CANADIAN PRESS**



## Whatever you do, look down

Mathieu Dechavanne, head of the Compagnie du Mont Blanc which runs the new attraction, stands in a glass cage named Pas dans le Vide (Step into the Void) at the top of the Aiguille du Midi peak (3842 metres high), in the French Alps. Visitors can enjoy the view of Mont Blanc, Europe's highest mountain, from the platform. The attraction opens Saturday. ALEXIS MORO/THE ASSOCIATED PRESS

# Retirement for heroic guide dog

Cecil Williams, who has been recovering at a New York City hospital with his guide dog Orlando still by his side, had been slated to get another working dog in January or February to replace the 11-year-old black lab who leaped onto subway tracks after his blind owner lost consciousness and fell off the station platform.

Now, he would ideally like to have two dogs — one working and one retired as a pet — if logistics, physical abilities and finances allow.

If that's not possible, the family that raised Orlando as a puppy says it will be "absolutely thrilled to have him back," said Guiding Eyes for the Blind spokeswoman Michelle Brier. "They're very thrilled their little baby has made such a big difference."

Williams said on Tuesday that he couldn't pay for a non-working dog, so he was planning to look for a good home for Orlando. Guiding Eyes provides working dogs for free but cannot cover retired dogs' expenses.

St. Luke's-Roosevelt Hospital Center, where Williams



Cecil Williams pets his guide dog, Orlando, in his hospital bed in New York City on Tuesday. JOHN MINCHILLO/THE ASSOCIATED PRESS

is staying, has been fielding queries from well-wishers offering money and other assistance.

Williams said that if he does decide he's able to care for two dogs, he'd need help paying for the lab's care.

The organization was setting up a fund and planned to post information on its web-

site. If it turns out Williams doesn't need the money, it will be used for other guide dogs.

Williams, 61, and Orlando both escaped serious injury Tuesday when they were bumped by a train passing over them — a miraculous end to a harrowing ordeal that began when Williams felt

faint on his way to the dentist.

Witnesses said Orlando barked frantically and tried to stop Williams from tumbling off the platform. Matthew Martin told the New York Post that Orlando leaped onto the tracks as the train approached and kissed Williams to entice him to move.

**THE ASSOCIATED PRESS**

## Australia. Tourist on her phone plunges off pier while browsing Facebook

A woman was walking along a pier in Melbourne, Australia, Monday night when she became distracted by her Facebook feed and plummeted off the pier into the chilly water, Victoria state police said.

A witness called for help and police rushed to the woman's aid. They found her flailing around in the water, about 20 metres from the pier.

"She was still out in the water lying on her back in a floating position because she told us later that she

couldn't swim," Senior Constable Dean Kelly of the state water police told the Australian Broadcasting Corp. "She still had her mobile phone in her hand and initially she apologized and said sorry."

The woman was taken to a hospital for treatment.

"With Facebook, or social media in general as far as we're concerned, if you're anywhere near the water just pay attention," Kelly said. "Especially if you can't swim."

**THE ASSOCIATED PRESS**

### Christmas scam

## Couple lied about stolen gifts: Cops

A Mississauga, Ont., couple who reported their Christmas gifts stolen — including an iPad for their son who has Down syndrome — have been charged with public mischief.

Peel police allege the pair fabricated the theft.

The man and woman claimed that they had been driving home from the mall on Saturday evening when a sheet of ice smashed their back window, causing their purchases to fly out of the vehicle and then be stolen.

**THE CANADIAN PRESS**



# designer depot

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# Rescued crane operator suffers severe burns after massive fire

## Kingston, Ont.

Authorities concerned damaged crane could come crashing down

A 68-year-old construction worker stranded atop a crane at the centre of a massive fire in Kingston, Ont., was "severely burned" before a military helicopter was able to navigate smoke and leaping flames to airlift him to safety.

Adam Jastrzebski, who had burns to his hands, legs, back and buttocks, was recovering in hospital Wednesday after his dramatic rescue a day earlier, said his employer at Canadian Professional Crane Inc.

"He's in severe pain right now in the hospital and they're giving him morphine," said Adam Malek.

"I'm just surprised no one got hurt more than that be-

cause the fire was enormous."

Firefighters from neighbouring communities had to be called in on Tuesday afternoon to help Kingston crews battle the flames which had engulfed an apartment building that was under construction.

A crowd watched from the streets as the crane operator got out of his cab, crept along the boom of the crane to its very edge and waited to be rescued by a team from CFB Trenton.

Meanwhile, authorities focused their attention Wednesday on the charred crane which towered above the still-smouldering remains of the building at the heart of the blaze.

"Right now our biggest risk is having that crane in its current condition," said Kingston fire chief Rheume Chaput. "It's been impinged by fire and is in a damaged condition. So we want to make sure we make that safe, get that down."

THE CANADIAN PRESS



Members of 424 Squadron, from left, Capt. Jean-Benoit Girard-Beauseigle, Master Cpl. Matt Davidson, Cpl. Iain Cleaton, Sgt. Cory Cisyk and Capt. David Agnew, pose for media at CFB Trenton on Wednesday. Inset: Cisyk rescues a crane operator who was stranded at the end of his crane during a huge fire in Kingston, Ont., on Tuesday. LARS HAGBERG/THE CANADIAN PRESS

## Fatal disaster

### Rail service resumes in Lac-Mégantic

Trains are rolling through Lac-Mégantic, Que., for the first time since last summer's deadly rail disaster.

Rail service resumed Wednesday in the town where a

runaway train carrying crude oil derailed and exploded in July, killing 47 people.

The crash also destroyed part of Lac-Mégantic's downtown core.

Many locals are still trying to cope with the disaster and have mixed feelings about the train's return to the railway-dependent com-

munity.

Businesses along the railroad say the service is vital for the town's economy.

The gradual return of freight trains to Lac-Mégantic must follow strict rules and conditions. For now, no dangerous substances will be transported through the town. THE CANADIAN PRESS

## Reporter accepts Ford apology

In a statement released on Wednesday night, Toronto Mayor Rob Ford has retracted statements he made about Toronto Star reporter Daniel Dale.

Dale responded on Twitter, saying he won't be proceeding with a defamation lawsuit against Ford.

The reporter says he appreciates Ford's "complete retraction and unqualified apology," and he's glad the truth is no longer in dispute.

Dale served Ford last week

with a libel notice, demanding he retract all of his false claims about what happened during an incident near Ford's house in May 2012 and issue an "unreserved, abject, complete apology."

During a televised interview with Conrad Black, which aired Dec. 9 on VisionTV, Ford claimed that Dale was in his backyard, "taking pictures of little kids" — a claim he has now retracted.

Dale says he won't be tak-

ing legal action against the mayor, and is looking forward to getting back to work.

Dale has said he was writing a story about a plot of public land adjacent to Ford's house that the mayor wanted to buy, so he went to take a look when the mayor emerged from his home to confront him.

The reporter has said that at no time was he on the mayor's property nor did he take any pictures.

THE CANADIAN PRESS

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## Convicted in Thailand

### Evidence shows B.C. man viewed child porn: Crown

The Crown says police have uncovered evidence that suggests a B.C. man who spent five years in a Thai prison for sexually abusing children has viewed child porn since his return to Canada. Christopher Neil hadn't been charged in Canada, but prosecutors successfully sought conditions under the Criminal Code designed to protect the public. THE CANADIAN PRESS

## Far North

### Life expectancy of Inuit trails rest of Canada

A new Statistics Canada study shows Inuit life expectancy still trails that of the rest of the country. Among Inuit men, the main reason for the lower life expectancy was injury, particularly self-inflicted injury among males aged 15 to 24. Among Inuit women, the gap in life expectancy was attributed to cancers and respiratory diseases. THE CANADIAN PRESS

## Not snow smart

### Tracks in fresh snow lead police to B&E suspect

Police in Windsor are crediting fresh snow with helping officers nab a break-in suspect. Police say a woman called 911 just before 3 a.m. Wednesday after seeing someone taking a screen off her window. When officers arrived they saw fresh footprints in the snow. John Turpin, 31, faces a number of charges including theft and break and enter. THE CANADIAN PRESS



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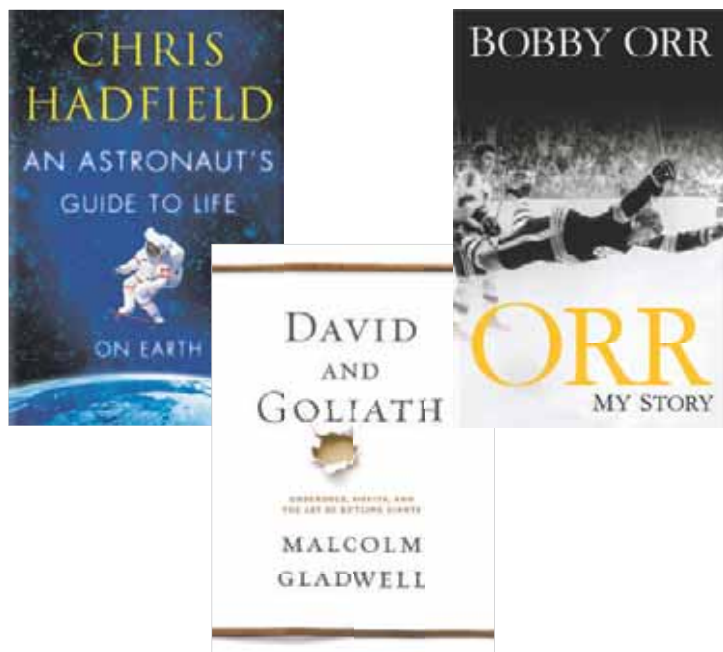
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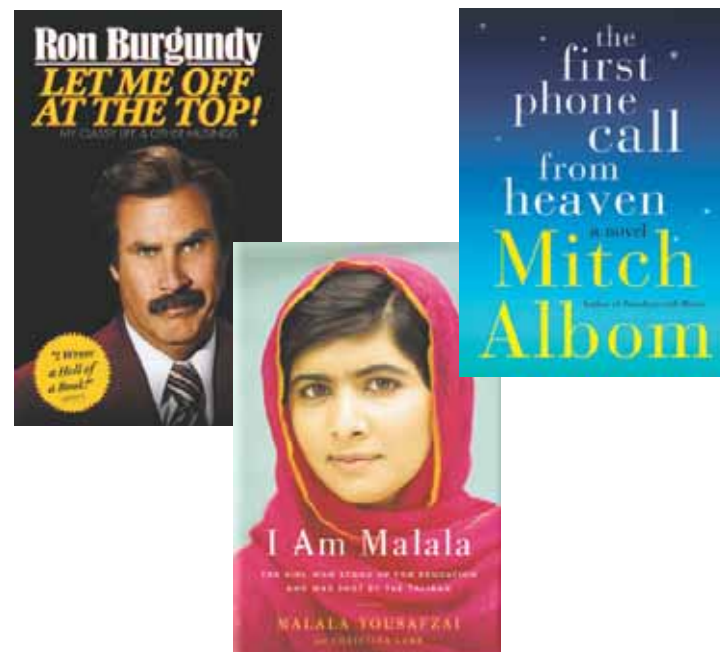
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Thursday, December 19, 2013

BUSINESS

17

## Canada Post chief defends service cuts, higher rates

**CEO Deepak Chopra.**  
'Over the years the mail has changed in shape and size, and so are we'

Just as what it delivers is changing dramatically, Canada Post must make difficult changes to keep pace in the digital world, the head of Crown agency told a Commons committee Wednesday.

In defending the corporation's proposed service cuts and price hikes, Canada Post CEO Deepak Chopra told the Commons transport committee the changes are necessary in order for the carrier to survive.

"If the mail is changing its shape and size, don't we think the mailbox should change its shape and size too?" Chopra

### Disruption

The head of the Crown agency told the committee that, in 2007, Canada Post profits began to drop off as people and businesses turned to digital communication.

- That decline picked up speed in 2010, he said, with the introduction of computer tablets.

asked.

"So what we're trying to do is adapt (to) the changing needs of Canadians."

It was the first time Chopra spoke publicly since the announcement last Wednesday that Canada Post plans to phase out door-to-door mail delivery in urban centres over a five-

year period — something the corporation's union says it will fight to the last breath.

Instead, mail would be delivered to communal neighbourhood "superboxes."

Under the proposal, the cost of stamps will also rise sharply, by more than 50 per cent. Chopra struck a positive tone during his nearly one-hour appearance at the committee, but said difficult choices had to be made.

"We believe Canada Post will remain a relevant, meaningful participant in the lives of Canadians," he said. "Over the years the mail has changed in shape and size, and so are we."

That change, said Chopra, means concentrating more on delivering packages and less on putting paper letters in mail slots.

THE CANADIAN PRESS



### You spin me right 'round

Assaf Biderman, co-inventor of the Copenhagen Wheel and associate director of the SENSEable City Laboratory at MIT, poses with his invention at Superpedestrian, his venture-backed company in Cambridge, Mass. The startup is launching a new device that transforms almost any bicycle into an electric-hybrid vehicle using an app on a smartphone. THE ASSOCIATED PRESS

### Latest setback

#### China Bitcoin exchange bans yuan deposits

BTC China, the biggest Bitcoin exchange in China, is no longer accepting yuan deposits. This comes two weeks after China's central bank said the country's banks and payments systems were barred from handling the virtual currency. THE ASSOCIATED PRESS

### Market Minute

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Offers available on all new 2014 models purchased through participating dealers to qualified retail customers who purchase a new vehicle between Dec. 1/2013 and Dec. 31/13. Dealers may sell for less, some conditions may apply. Offers are subject to change without notice, see dealer for complete details. 2014 Outlander G1 model as shown has an MSRP of \$25,998.00, 2014 RVR G1 as shown has an MSRP of \$28,498.00, 2014 Mirage SE has an MSRP of \$16,598.00, 2014 Lancer SE has an MSRP of \$20,998.00, 2013 Lancer Evolution GSR has an MSRP of \$41,998.00, 2014 Lancer Sportback has an MSRP of \$21,998.00, 2014 Lancer Ralliart has an MSRP of \$22,998.00. These prices are excluding freight, p.d., all taxes, dealer fees up to \$595, registration, p.p.a. fees, insurance, licensing and duties on new tires. All payments are based on 96 months amortization through Bank of Montreal at 3.99% I.R.A.C. Representative examples are 2014 Outlander ES 2wd (045-4), 2014 RVR ES 2wd (045-4), 2014 Mirage ES (044-4), 2014 Lancer SE (044-4), 2014 Lancer SE (044-4), 2014 Evolution (044-4), 2014 Lancer Sportback (044-4), 2014 Lancer Ralliart (044-4). All payments are based on 2014 bi-weekly payments of \$184.37 / \$145.55 / \$99.02 / \$113.24 / \$287.72 / \$144.26 / \$229.56, with a base price of \$25,998.00 / \$19,998.00 / \$12,998.00 / \$14,998.00 / \$41,998.00 / \$21,998.00 / \$22,998.00 (excluding all freight, p.d., all taxes, dealer fees up to \$595, registration, p.p.a. fees, insurance, licensing and duties on new tires) with an all-inclusive price of \$32,800.00 / \$25,900.00 / \$17,620.00 / \$19,900.00 / \$49,800.00 / \$29,900.00 / \$30,800.00 (exclusive all freight, p.d., fees, taxes, and transfers) for a total cost of borrowing of \$5,317.54 / \$4,375.58 / \$2,675.14 / \$3,402.90 / \$16,444.34 / \$4,575.56 / \$4,807.40 and a total obligation of \$18,138.56 / \$30,274.40 / \$20,596.36 / \$25,513.52 / \$59,645.36 / \$38,008.08 / \$47,708.48. \*Outlander lease payment is based on the ES 045-4 model at 0.9% interest for 36 months with a residual value of \$17,499.37 plus taxes. \*\*Out from our toy chest and under your tree is a promotion exclusively from Metro Mitsubishi. Terms may vary by model, see dealer for details.

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# The Metro Mitsubishi Post



Two Pages, Two Cents

December, 2013

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t'was a blizzard like none before,  
and t'wasn't long, t'was at the door!  
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# TURKEY TROUBLE? LET'S TALK

I think I've finally found my calling—specifically, my turkey calling.

This holiday season, millions of Canadians from coast to coast will spend hours on the painstaking preparation of their Christmas turkey. And I want to take them under my wing.

You probably don't realize this, but I have been certified as the best Metro columnist/turkey preparer who uses my keyboard. And it's not often you hear those sorts of qualifications. In fact, family members and co-workers alike have long said that when they hear "turkey" they think "John Mazerolle."

I owe my love and intimate knowledge of turkey to the Internet. Namely, butterball.com, which I can say without hyperbole is the best-turkey preparation website I have ever seen this week while preparing for a column that is due in less than an hour.

Butterball's setup is really something. Did you know that for decades they've had a 1-800 line that people can call if they're hav-



**HE SAYS**  
**John Mazerolle**  
metronews.ca

ing turkey trouble?

You call and "turkey experts" help you with what one recent television news report called "your turkey crisis." This is fabulous. I can't count the number of times some turkey-related event has cropped up in my life and I acted like a bird-brain—my prom night/pet turkey "incident," just for starters. And help was only a phone call away.

"Open every November and December, our 50+ experts answer more than 100,000 questions, in both English and Spanish, for thousands of households around the United States and Canada," the website chirps.

What's more, the turkey-talk call centre even added something special this year for the very

first time: men.

This is where my calling comes in: I want to talk turkey. As a certified turkey expert, I would like to be part of this important and trailblazing team.

## ZOOM

# Glow with the flow



JULIA CUMES/SOLENT NEWS

## LED lights added to paddle boards

The dark silhouettes of moonlit paddlers appear to be walking on water. The standup paddleboarding enthusiasts took to the water with specially made LED lights strapped to the bottom of their boards. The surreal image captures the moment Justin Labdon and his team of boarders headed out of a harbour in Dennis, Mass., one night.

METRO

## Quoted



**"Standing on the jetty photographing down, what I saw was even more beautiful and surreal than I was expecting."**

Julia Cumes, 41, photographer based in Cape Cod, Mass.

## Sea life attracted to board lights

The LED lights strapped to the bottom of the boards attract fish, including squid, blue fish and big striped bass, says Justin Labdon, owner of Adventure Chatham. Asked by Metro whether the light would entice larger predatory sea life, Labdon replied, "We don't venture out to shark-inhabited areas, but I would assume they might be attracted to the light as well." METRO

## LED water sports

- \$300 per LED-lit paddle board.
- AdventureChatham offers night-time paddle boarding excursions when there is a full moon out.
- Paddles with LED lights at the end are being considered as his company's next novelty water sports experience, says Labdon.

## Clickbait



**IRENE KUAN**  
irene.kuan@metronews.ca

If you've yet to complete your Christmas shopping by now, then you're in for a wild ride — looking for a parking spot at the mall, that is. A congested parking lot full of drivers with short fuses can turn into a real-life nightmare before Christmas. These apps will make looking for a parking spot the least of your worries during the busy shopping season.



GETTY IMAGES

## Parkopedia:

This app works on all mobile platforms and is like Wikipedia for parking spaces. The creators have set out to map every parking lot and parking space in the world and so far has data, contributed by users, from 28 countries, covering over 25 million parking spots. The app can give directions to the parking space, and provide real-time availability, prices and payment options.

## ParkMe:

ParkMe is an award-winning free app for iOS and Android that works to help you find the cheapest and closest parking spaces by providing the cost of parking before you arrive at your destination and lets you compare options. This app works in the U.S., Canada and in European cities.

## Twitter



the real cab issue? Horrible customer service and lack of accountability? #yyc

**@metropicks asked:** Calgary cabbies are eyeing a puke penalty to cover the cleanup cost. What is a sufficient penalty for puking in a cab?

**@Cory\_Boehm:** A minimum of \$200 seems more than reasonable.

**@Canucklehead\_ca:** So drunk you puke in a cab? I suspect the next morning will present it's own penalty. Maybe two if you have an unknown guest.

**@ryanjordandyck:** can we get back to

**@DeafPoets:** I dispatch at an Edmonton company. The going rate for screaming groceries is about \$75, depending on how vile the mess is.

**@jpmacnab:** I think it is \$50 in Ottawa

**@santanapoptarts:** barf bags extra large size and \$10 keep it real, but the puker must realize its gross and ur in a cab #poordriver

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:**

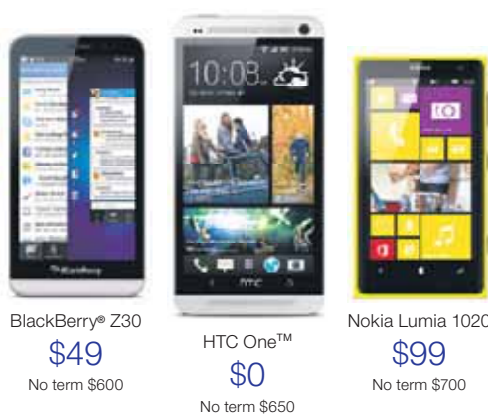
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## SCENE 2

## Two Hours Traffic finally braking

**Band breakup.**

Popular Prince Edward Island outfit say they are splitting up because the industry can't supply them with a decent living

**BACKSTAGE PASS**

Jenna Conter  
halifax@metronews.ca

All good things must come to an end, before beginning their seemingly inevitable decline, or so says Two Hours Traffic front man Liam Corcoran.

After a 12-year run of awards, tours and albums, the band from Prince Edward Island is calling it quits. Though somewhat of a shock for their many devoted fans that still flock to their shows across the country, Corcoran says it was just time.

"I think a lot of people are surprised by the announcement, but the reality is we always saw this becoming a full-time band," Corcoran tells me. "We wanted to make our living doing this but in the last few years it became apparent that we were going to have to move on."

I'd like to think my friends in the arts field all take the same vow, an allegiance to choose to chase passions rather than settle or b-line for a more financially reliable field.

Most stereotypically of all; musicians — a profession where struggling for your craft, sleeping on couches and living off of noodles is less a cliché and more a right off passage. I ask: Why take the "quit while you're ahead" route?



Two Hours Traffic will perform in Halifax one final time this weekend. CONTRIBUTED

**Canadian pride**

**"We were always proud of where we came from — being from Canada — we can go to Vancouver and have the same kind of crowd."**

Two Hours Traffic front man Liam Corcoran

According to Corcoran there were talks of disbanding prior to the creation of their latest album, Foolish Blood. With members finding their priorities changing from their couch-surfing, bus hopping early-20s, the 2013 album would have "really had to take off in a different

way" in order to keep the band from packing it in.

Foolish Blood dropped last February to positive reviews and allowed the band to have another chance to tour before announcing their farewell plans in October.

"I'm extremely proud of what we did, when we start-

ed we had very few goals, we just wanted to write our own music," said Corcoran. "The fact that we can go to every major city in Canada and know we'll have a nice crowd come out to see us, is the thing that makes me most proud."

Across the country they will go, playing The Marquee Friday night before they head home to Charlottetown for three shows and a final goodbye. Corcoran says he has no regrets about making this difficult decision to pull the plug on Two Hours Traffic.

**What you need to know****Details of the show**

- **What?** Two Hours Traffic with Mardeen and True Love Rules
- **Where?** The Marquee
- **When?** 9 p.m.
- **Tickets?** \$15 in advance/\$20 at the door (etixnow.com)

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Bruce Willis ALL IMAGES GETTY

## Willis and wife expecting baby number two

Bruce Willis is reportedly set to be a father once again, with wife Emma Heming expecting the couple's second child, according to *Us Weekly*. Willis and Hem-

ing are also parents to one-year-old daughter Mabel, while Willis also has three daughters — Rumer, Scout and Tallulah — with ex-wife Demi Moore.



Kelly LeBrock

## LeBrock arrested for driving under the influence

Weird Science star Kelly LeBrock was arrested on suspicion of driving under the influence following a routine traffic stop in Santa Barbara last month, according to *E! News*. The model and actress — famous for her “don’t hate me because I’m

beautiful” Pantene ads from the ‘80s — failed to stop at a stop sign and was exceeding the speed limit and straddling the double yellow line when cops pulled her over. She then reportedly failed field sobriety tests and was arrested “without incident.”

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Lawrence condemns fat insults

Jennifer Lawrence is going on the offensive when it comes to Hollywood's warped body image standards. “I just think it should be illegal to call somebody fat on TV,” the

star tells Barbara Walters in an interview. “Because why is humiliating people funny? I get it, and I do it too, we all do it. But I think when it comes to the media, the media needs to take responsibility for the effect that it has on our younger generation, on these girls who are watching these television shows and picking up how to talk and how to be cool.”



Julia Roberts

## Roberts did not relish a bit of rough and tumble with Streep

Surprisingly, Julia Roberts didn't relish the opportunity to tackle Meryl Streep and wrestle her to the carpet in August: *Osage County*, she revealed during a post-premiere Q & A. “I didn't look forward to it,” Roberts says. “It's not how I saw the dream of my time with Meryl Streep. But she was a worthy opponent. She was

not going down without some scratches and some heels in thighs.” And while there were stunt personnel on hand to help the actresses, Roberts handled her tackling herself, apparently. “Julia didn't need a stunt double because she's plenty tough,” Streep says.



### Twitter



@JohnCusack

So good to check back in with CNN every few years — Piers Morgan in a fiery debate with Ann Coulter whether Santa is white



@JuddApatow

When someone says there was too much marketing of *Anchorman 2* I usually say ‘you go up against *The Hobbit* without marketing. FU grandma!’



@oliviawilde

I broke into @jayleno's dressing room and stole one of his jackets for my fetus.



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# 3 LIFE

## Their style is in the stars

Forget trying to break your giftees down into the usual gift guide categories of personality type or price. We spoke to identical twin sisters Tali and Ophira Edut, a.k.a. The AstroTwins, to find out what each star sign typically desires when it comes to the season of goodwill.

### METRO WORLD NEWS

#### Aries

"As a fire sign, Aries are very competitive, so accessories that draw attention and frame the face would be good options."



Maison Michel boater  
\$616, net-a-porter.com

#### Taurus

"The bull likes purposeful items, like pajamas and shoes, with an understated design."



Friends Layla leather and rose gold headphones  
\$214, net-a-porter.com

#### Gemini

"They have a bit of a wacky, boho style. They're very curious and love to explore. Opt for natural fabrics and fruity fragrances."



Ilse Jacobsen lace up wellies  
\$164, gift-library.com

#### Libra

"Libras love presents that look pretty and cosmetics that feel indulgent rather than just practical."

Laura Mercier almond coconut milk honey bath  
\$51, johnlewis.com



#### Scorpio

"Scorpios love to embrace a dramatic atmosphere. They have expensive taste and love exclusives."

Elle Macpherson Intimates lace bra  
\$57, net-a-porter.com



#### Sagittarius

"They travel a lot, items that make plane rides and road trips easier or more fun would be good options."

Lotus Wei Pure Energy mist, \$48, beingcontent.com



#### Cancer

"They have an almost grandmotherly style, which extends to their wardrobe, too."

Penhaligon's Bluebell eau de toilette  
\$140, penhaligons.com



#### Leo

"Leos are very outgoing and love to socialize, so look for gifts that have a cool and unusual pattern."

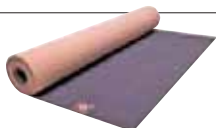
Marc by Marc Jacobs tablet case \$40.60, shopbop.com



#### Virgo

"Anything that encourages relaxation and sends them a subtle sign that they need to unwind"

eKO lite yoga mat \$48, manduka.com



#### Capricorn

"Capricorns want good quality items with a minimalist design."

Leather wrap gloves  
\$64, stories.com



#### Aquarius

"Anything that embraces their boho, wacky style would be warmly welcomed."

Lucy Folk silver taco bracelet  
\$115, matches-fashion.com



#### Pisces

"Pisceans adore anything mystical. Ideas include natural and precious materials to create a serene atmosphere or channeling positive vibes."

Essential oil soy wax candle \$30, bsabancandles.com



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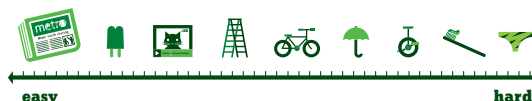
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### Sharability





# Mid-century mash-up

The 1950s and '60s have offered up a lot of home-decor inspiration over the past year — anything retro or vintage-influenced is hot-hot-hot. The look is a mishmash of past design that can encompass a trip to the parental basement or a hunt through a vintage shop, and retailers have cleverly channelled it. Here are some trendy and stylish products to transport you back to a Mad Men era.



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

Shiny citrus tones against deep grey stoneware lends retro style to dinner parties. Verte Dinnerware 16-piece set, \$79, urbanbarn.com.



Adorn your dresser with heirloom-style brooches without robbing Mom's jewel box. Keepsake Brooch Knob, \$14 US, anthropologie.com.

Save your quarters with this modernized pay phone and savings bank all in one; the perfect wall phone for calling a taxi. Crosley Vintage Style Pay Telephone, \$90, sears.ca.



Light up your chandelier in true '70s style. 25-watt Chandelier Light Bulb set of four, \$24 US, urbanoutfitters.com.



Inspired by late '50s Danish mid-century design; open and airy for a light look. Patrik Accent Chair, \$1,600, thebay.com.

Straight out of Granny's china cabinet, fanciful flatware dresses up a modern table. Flores Flatware, from \$7 per piece, zarahome.com.





# No need to be bitter if the eggplant sandwiches turn out a little cheesy

## Ingredients

4 portions

- 1 whole egg
- 2 tbsp water or 2% milk
- 1 cup seasoned dry bread crumbs
- 3 tbsp chopped fresh parsley
- 3 tbsp grated Parmesan cheese
- 1 tsp minced fresh garlic
- 10 slices of eggplant, skin on
- 3/4 cup tomato sauce
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup grated Parmesan



ROSE REISMAN  
for more, visit  
rosereisman.com

Eggplant, a healthy vegetable, is often loaded with fat and calories from the amount of oil used in frying or sautéing it.

This baked version omits the oil, and it turns out great! Purchase fresh young eggplant; when overripe, it becomes bitter. If the skin doesn't spring back when pressed, then it's too old.

1. Preheat the oven to 425°F (220°C). Spray a large baking sheet with cooking oil

2. Whisk the egg with the water in a small bowl. Combine the bread crumbs, parsley, Parmesan and garlic on a plate, mixing well. Dip the eggplant in the egg mixture, then coat with the bread crumb mixture. Place on the

## Cheesy Eggplant Sandwiches



A delicious combination of eggplant and cheese. ROSE REISMAN

prepared pan. Bake, turning once, for 20 minutes or until tender.

3. Spread half of the tomato sauce in a large casserole

dish. Place 5 eggplant slices over top. Top each with remaining tomato sauce. Add half the mozzarella cheese and top with remaining eggplant slices. Top with remain-

ing mozzarella and Parmesan. Bake for five minutes or until the cheese is melted.

**Preparation time 10 minutes**  
**Cooking time 25 minutes**

## Mind the App

### How to make Substitutions



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Kris Abel  
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# Be more original with sweet potatoes

Sweet potatoes generally get one of three treatments at the dinner table. They are mashed like regular potatoes; they are roasted like squash, or they are saturated with sugar until they no longer resemble a vegetable. This is a nice alternative.

Heat the oven to 400 F. Poke the sweet potatoes all over with a fork.

Place the sweet potatoes directly on the oven's centre rack and bake for 1 hour, or until completely tender.

While the sweet potatoes cook, steam the cauliflower. Set a steamer basket in a medium saucepan with 1/2 inch of water.

Place the saucepan over medium-high heat and add the cauliflower to the steamer basket. Cover and cook until the cauliflower is very tender, about 15 minutes. Remove the cauliflower from the steamer and set aside.

When the sweet potatoes are baked, let them cool until easily handled.

Peel the sweet potatoes,



Orange sweet potatoes swirled with Parmesan cauliflower puree.  
HANDOUT

then place the flesh in a large bowl.

Add 3 tablespoons of the butter and the orange zest,

## Ingredients

- 4 large sweet potatoes
- 16 ounces cauliflower florets, fresh or frozen
- 4 tablespoons butter, divided
- Zest of 1 orange
- Salt and ground black pepper
- 1 cup shredded Parmesan

then mash well. Season with salt and pepper, cover the bowl and set aside.

Place the steamed cauliflower and the remaining 1 tablespoon of butter in the food processor. Process until pureed.

Add the Parmesan, then pulse to combine. Add the cauliflower puree to the sweet potatoes, using a spoon to swirl the two together without completely mixing them.

THE ASSOCIATED PRESS





Nikon Df — \$3,099.95



Fujifilm X20 — \$549



Sony Alpha 7 — \$1,699.99 (body only)



Bigshot DIY Digital Camera — \$89



Canon EOS 70D — \$1,299.99

# Festive focus



MIKE YAWNEY  
For Metro

While many smartphones take impressive photos, any photographer will tell you they have yet to match the quality of standalone cameras. Here are a few of the best devices to truly impress the shutterbug on your list



## Nikon Df — \$3,099.95

A modern camera in a retro-style body. While many cameras feature touchscreen controls and menus, the 16.2-megapixel Nikon Df brings back classic mechanical dials to change settings, creating a simple approach to photography. If you are feeling techie you can use the optional wireless adapter to browse the camera's memory

card on your smartphone or tablet.

## Sony Alpha 7 — \$1,699.99 (body only)

The world's smallest and lightest interchangeable lens full-frame camera. This 24.3-megapixel camera is full of features, including lightning quick autofocus, a tiltable three-inch OLED display, and the ability to record uncompressed 1080p HD video.

## Panasonic Lumix DMC-ZS30 — \$399.99

A lot of features at a relatively low price point. This compact camera has a 20X zoom, three-inch touchscreen along with GPS capabilities so you always know where you took your pictures. If you have an Android phone



you can control your camera remotely via Wi-Fi or automatically upload your pictures to social media.

## Canon PowerShot SX280 HS — \$269.95

A point-and-shoot with modes for every photographer, Canon's Smart Auto mode recognizes 58 predefined shooting situations so pictures turn out in even the strangest lighting conditions. This compact camera also features a whopping 20X optical zoom, which is impressive despite its small size.



## Fujifilm X20 — \$549

The camera that's ready when you are. The 12-megapixel Fujifilm X20 starts up in 0.5 seconds, auto focuses in 0.06 seconds and can snap photos in 0.01 seconds. This entry-level premium camera has a large op-

tical viewfinder, the ability to shoot in RAW mode and a hot shoe for those who prefer an external flash.

## Canon EOS 70D — \$1,299.99

A full-feature DSLR with plenty of controls. Advanced users will love the in-depth options while beginners can take advantage of the simplistic basic mode. Those with a creative mind will love the Live

View filter mode, which adds dream-like, miniature and colour filters in real time so you know what your photo will look like before you snap the shutter.

## Pentax WG-10 — \$199

The ultimate camera for the adventurer in your life. This 14-megapixel camera is crushproof, shockproof and waterproof. What really sets this camera apart is the digital microscope mode, which allows for magnified



pictures of the smallest subjects — from insects to veins on leaves.

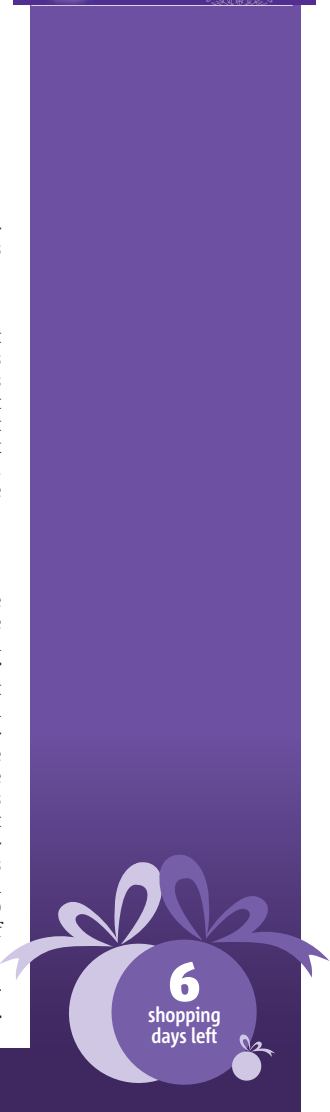
## Bonzart Ampel — \$180

It may look like a toy, but the Bonzart Ampel camera is anything but. This dual-lens camera is designed to shoot tilt-shift photos, a cool effect that makes everything look like miniature scale models. A unique gift for that creative person on your shopping list.

## Bigshot DIY Digital Camera — \$89

A camera for those who are curious about learning, the Bigshot camera comes in pieces, allowing the user to not only put it together, but learn about how cameras work in the process. At three megapixels, this camera may not take professional quality pictures, but the built-in lens wheel that toggles between regular, panoramic and 3D photos will ensure hours of fun for youngsters.

Bonzart Ampel — \$180, clockwise, from left, Panasonic Lumix DMC-ZS30 — \$399.99, Canon PowerShot SX280 HS — \$269.95, and Pentax WG-10 — \$199.



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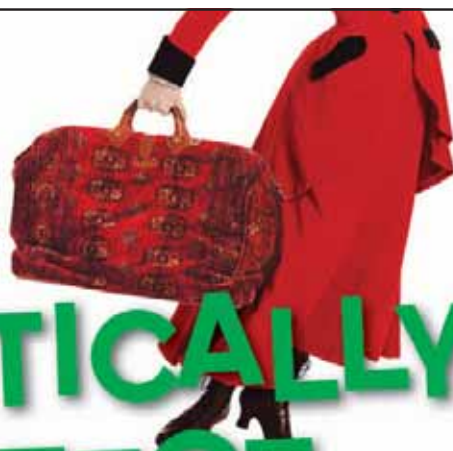


LeapFrog Read with Me Scout and Violet, \$39.99, available in green and purple at most major retailers.



Fisher Price I-Jig Interactive Jigsaw Puzzle, \$29.99, available at Target, target.ca.

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# Spice up the season with these scents for him



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For Metro

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notes. \$60 at Banana Republic.

**Bottega Veneta Pour Homme** features a fresh, spicy fragrance that blends bergamot, pimento, balsam and patchouli. \$80 at Holt Renfrew.

**Boucheron pour Homme** offers a crisp, citrus and



wood scent of green basil, ylang-ylang, vetiver and sandalwood. \$125 at Hudson's Bay.

**Clean White Woods** has a modern, clean, soapy, yet warm, woody fragrance she can wear, too. From \$39 at Sephora.

**Givenchy Gentlemen Only**



features an elegant, fresh, yet sensual blend of citrus, spice, woods and incense. From \$67 at Hudson's Bay and Sephora.

**Gucci Made to Measure Pour Homme** is a luxurious oriental spicy fragrance of



floral, fruity, spicy, and warm leather and amber notes. From \$80 at Sephora.

**L'Occitane En Provence Cèdre & Oranger** offers a

cool, zesty scent of citrus, cedar, musk and cedarwood. \$75 at L'Occitane boutiques and loccitane.ca

**Le Labo Vetiver 46** is an outdoorsy fresh scent of crisp vetiver with smoky, spicy undertones.

From \$170. See lelabofragrances.com for retailers.

**Ralph Lauren Polo Red** is a revved-up composition of zingy citrus, spice, amber and woods. From \$75 at department stores and pharmacies.

**Prada Luna Rossa Limited Edition** offers an intensely



fresh aromatic scent with spicy, amber and lavender notes. \$88 at Holt Renfrew.

**Yves Saint Laurent Nuit de L'Homme Collector Edition** is an opulent, seductive scent of citrus, warm spice and woods in a matte black flacon. \$96 at Hudson's Bay.

Prada Luna Rossa Limited Edition, clockwise, from bottom, Ralph Lauren Polo Red, Bottega Veneta Pour Homme, Givenchy Gentlemen Only, Gucci Made to Measure Pour Homme, L'Occitane En Provence Cèdre & Oranger, Banana Republic Wildblue Noir, Le Labo Vetiver 46, Clean White Woods, and Yves Saint Laurent Nuit de L'Homme Collector Edition.



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# Sport these winning choices



MIKE  
YAWNEY  
For Metro

Surprise the athlete in your life with some high-tech gadgets this holiday. Whether they are training, or they simply like to get out and be active, these devices are sure to win them over.



## JayBird BlueBuds X — \$169.95

These sweat-proof Bluetooth headphones are ideal for athletes. Among the smallest Bluetooth buds available, these beauties hug your ears to ensure they don't fall out during physical activity. Not only do they sound good, they will also last eight hours on a single charge.



Oakley Airwave 1.5 — \$649, below, and JayBird BlueBuds X — \$169.95, right.

## ZBoard — \$649 and up

Turn some heads on your next morning commute. The ZBoard electronic skateboard can travel at speeds of up to 24 kilometres per hour. Navigation is easy. Simply lean forward to accelerate or backwards to brake. A single charge will take you eight kilometres. Helmet required.

## Withings Smart Body Scale — \$149.95

Track your fitness goals with this wireless scale. Withings Smart Body Scale tracks your body weight, fat composition,

heart rate and the air quality in your home, then beams the results directly to your smartphone. Results can be tracked for up to eight users. It may come in handy after all those holiday dinners.

## GoPro Hero3+ — \$399

The smallest, lightest GoPro yet. This rugged device can withstand extreme conditions while recording high-definition and 4K video.

The latest model boasts a number of new features including a better battery, improved audio and low-light mode. Additional accessories let you connect this camera to surfboards, mountain bikes, helmets and more. The perfect gift for adrenaline junkies.

## Smart ebike — \$3,240 and up

From the makers of the Smart Car, this premium electric bike has a motor that assists with pedalling, helping you take on headwinds and steep hills. A digital display on the handlebars lets you monitor everything from battery life to average speed. The lithium-ion battery recharges as you pedal, or you can plug

it into a normal wall socket. Only consider buying this if you have deep pockets!

## Oakley Airwave 1.5 — \$649

Snow goggles with some serious tech. The Oakley Airwave 1.5 has a small heads-up display within your field of vision to show your speed, altitude, and even your jump analytics. There is also navigation, buddy tracking, music and the ability to view texts from your smartphone. Pricy, but the ultimate gift for that avid skier in your life.

## TomTom Multi-Sport GPS Watch — \$199 and up

So much more than just a watch. These nifty devices track time, distance, and pace for indoor and outdoor runners. Cyclists can glance at stats and swimmers can track their metrics in the pool. Shell out an additional \$50 and you can get a Bluetooth heart monitor that tracks the intensity of your workout.

## Bushnell Tour V3 Laser Range-finder — \$369.99

Always know

the right distance to the pin on the golf course. This range-finder can lock onto the flag from 900 metres away with accuracy of one metre, helping golfers determine which club should be used and how much power they need to put behind the shot. Five-time magnification gives golfers a closer look at the green. Legal for tournament play.

## Polar Loop — \$109.95

This lightweight, waterproof bracelet tracks your daily activities, monitors exercise levels, gives motivational feedback and even tracks your sleep patterns. If you want even more detailed data, purchase the optional heart rate monitor. Works with iOS devices and coming soon to Android.

Smart ebike — \$3,240 and up, clockwise, from below, Bushnell Tour V3 Laser Range-finder — \$369.99, Polar Loop — \$109.95, and TomTom Multi-Sport GPS Watch — \$199 and up.



ZBoard — \$649 and up, above, and GoPro Hero3+ — \$399, above left.

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The newest addition and the sporting pinnacle of the Jaguar XJ lineup is the XJR. CONTRIBUTED



The Range Rover Supercharged. CONTRIBUTED

Santa will understand if you put one of these cool sleighs on your Christmas wish list. Whether your budget is naughty or nice, here are some great autos for dashing through the snow.

#### JAGUAR XJR (\$119,990)

The newest addition and the sporting pinnacle of the Jaguar XJ lineup is the XJR. New exterior styling has given this stealthy sleigh an assertive appearance.

This new generation XJR offers an exhilarating ride combined with the luxury and refinement associated with the brand. Heart-pounding performance is provided by a 5.0-litre supercharged V8 engine that boasts 550 horsepower. Accelerate from zero to 100 km/h in 4.6 seconds and to an electronically-limited top speed of 280 km/h.



The Ford Fiesta ST. CONTRIBUTED

#### RANGE ROVER (\$115,000)

The Range Rover Supercharged offers a level of luxury that gets the royal nod. Underneath the sumptuous interior lining of leather is the solid protection of a tank.

The Rover is well-known to be a thirsty beast. So with a goal to make it more fuel efficient, it was put on a diet and is now 317 kilograms (700

pounds) lighter than the previous model. As a result, the new aluminum unibody offers an improvement in fuel economy — 16.6/10.6 L/100 km (city/highway). It also has Transmission Idle Control, which disengages 70 per cent of the drive power when idling.

No matter what terrain you are tackling, the Rover automatically knows the kind of



The Lincoln MKZ. CONTRIBUTED

traction you need — whether you are climbing rocks or descending on sand.

The supercharged 5.0-litre V8 engine offers 510 horsepower, as well as road-silencing features and finishes.

#### LINCOLN MKZ (\$39,000)

Sit in the new MKZ and for a second or two you will wonder how to put this beauty

into gear. Look on the dashboard and you will see it has an automatic push-button shift. Although it's strange at first to shift into gear with your finger, the design idea frees up console space.

#### FORD FIESTA ST (\$24,999)

Looks are deceiving with the Ford Fiesta ST. This hot hatchback might look small, but it packs a whopping punch for its size with a 1.6-litre EcoBoost engine producing 197 horsepower, about 20 per cent more than the previous model. You can accelerate from zero to 100 km/h in less than seven seconds.

The six-speed manual transmission makes it super fun to drive. The steering is direct and responsive. Plus, the suspension has been modified for a quicker, overall steering ratio. The rear axle gets increased roll stiffness to improve stability when navigating fast corners.

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Super Dry Men's Pullover Hoodie, \$130, available at Sporting Life stores, sport-inglife.ca.



## Cool clothes for him



Barbour Merino Cashmere Tartan Scarf, \$100, available at Sporting Life stores, sport-inglife.ca.

Canada Goose Men's Lupo Glove, \$225, available at Sporting Life, Holt Renfrew, Harry Rosen, canada-goose.com.



Chuck Taylor All Star City Hiker, \$70, converse.com.



Fresh Train Classic FRSH hat, \$95. Partial proceeds to Free The Children. freshtrainco.com.

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#### CHL rankings

### Herd falls out of nation's top 10

The struggling Halifax Mooseheads have fallen out of the CHL's weekly top-10 list.

Ranked No.7 in the country last week, the Herd since dropped two straight road games to the Baie-Comeau Drakkar and Chicoutimi Saguenéens. The Mooseheads (23-12-0-1), who played without eight key players in Saturday's loss to Chicoutimi, did get an honourable mention in the rankings released Wednesday. The Erie Otters topped the list while three other QMJHL teams cracked the top 10. Blainville-Boisbriand Armada dropped one spot to No. 3, while the Baie-Comeau Drakkar rose to seventh spot from No. 10, and the Val-d'Or Foreurs climbed into the list at No. 9. **METRO**

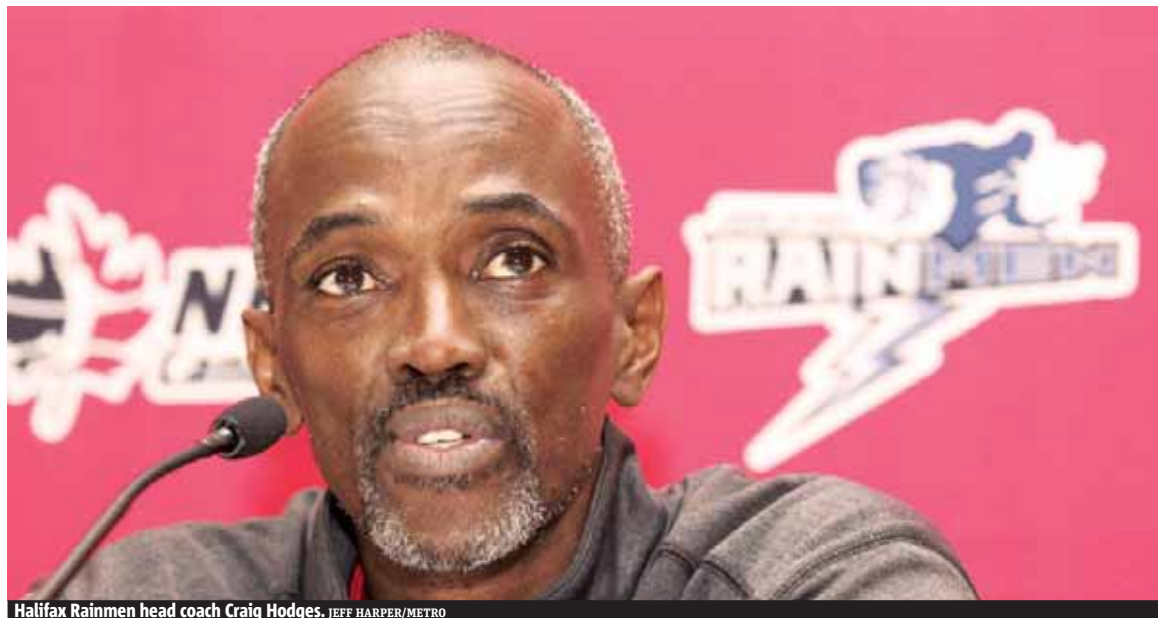
#### Olympics

### Harper to miss Sochi Games along with Obama

If Stephen Harper or Barack Obama plan to do any Olympics-watching next February, they'll be staring at a screen and not from the stands.

The Canadian prime minister announced Wednesday that he will not be attending the Games, prompting speculation of an international snub over Russia's gay-rights record.

Harper's office announced the news discreetly, in a late-evening email. The message from the Prime Minister's Office noted that Harper has gone only to the Vancouver Olympics since he took office. **THE CANADIAN PRESS**



Halifax Rainmen head coach Craig Hodges. JEFF HARPER/METRO

# Showing early signs of a turnaround

**NBL Canada.** Coach Hodges expects success will come slowly but surely



**ANDREW RANKIN**  
andrew.rankin@metronews.ca

When Craig Hodges came to the Halifax Rainmen earlier this month he encountered talent.

The former NBA champion saw largely unpolished talent. That doesn't come as a shock, given he was taking over the coaching reigns of a 0-7 squad.

So, patiently he started

teaching and preaching his system, a team concept that plays to each player's strength.

The losses continued to build. Finally after their 10th straight defeat, the Rainmen picked up back-to-back home wins over the weekend.

A 2-10, last-place record is nothing to rejoice over, but it's a start.

"I've been blessed enough to be around the game long enough to know the principles of good basketball aren't learned overnight, or a week," said Hodges. "They're honed over a period of time, they're accomplished individually and collectively."

"We have some good talent and young guys who want to learn. I don't look at wins

and loses, I look for progress, player development in practice and carryover from practice into games. That leads to wins."

The Rainmen are embarking on a gruelling three-day, three-game Ontario road swing. Starting Thursday they take on the 9-5 London Lightning, followed by the 11-6 Windsor Express, wrapping up against the first place Brampton A's on Saturday.

Hodges is collected in the face of such a formidable challenge. His objective remains long term: Harnessing the talent he has to work with.

"I've challenged players to think differently about the way they play basketball. The system that we are going to be

running is one that lends itself to our players' strengths. If you're a slasher, you're going to get your opportunities, if you're a post-up player you're going to get your opportunities. That philosophy leads to good team basketball."

Whether Halifax can turn around its fortunes remains to be seen.

"On any given night anybody can beat anyone in this league," said Hodges.

"We need to stay in the moment. Like today, if we're in transition we have to visualize what we have to do tomorrow. If we don't get in the gym today let's get some water and be hydrated. Let's do all the little things that prepare us to be successful."

# Huskies' Peters leads Canada to shutout



Team Canada netminder Anthony Peters makes one of his 17 stops against Slovakia on Wednesday. COURTESY FEDERICO MODICA

Anthony Peters was perfect between the pipes, leading Team Canada to a 6-0 shutout victory over Slovakia in men's hockey quarter-final action at the 2013 Winter Universiade on Wednesday in Trentino, Italy.

The Saint Mary's Huskies netminder stopped all 17 shots he faced in his second start of the tournament.

Now, Canada will play tournament favourite Russia in the semifinal round on Friday.

The Canadian team of Atlantic University Sport players includes Peters' Huskie teammates Michael D'Orazio, Lucas Bloodoff, Cory Tanaka and Dalhousie Tigers' Pierre Vandall.

Bloodoff got in on the action, picking up a goal, and Tanaka collected a pair of assists. Tyler Carroll led the way with a pair of goals and a helper while Chris Culligan, Chris Desousa and Liam Heelis rounded out the scoring for the Canucks.

"Any time you get Canada and Russia, it's going to be great for hockey fans," Team Canada head coach Gardiner MacDougall said in a release. "You have two very good teams and it's going to be exciting for the fans."

Kazakhstan and the U.S. will square off in the other semifinal matchup on Friday.

The bronze and gold medal games are slated for Saturday.

**ANDREW RANKIN/METRO**





The Senators' Zack Smith tries to intercept a Martin Brodeur pass on Wednesday night in New Jersey. The Senators lost 5-2. BRUCE BENNETT/GETTY IMAGES

# Senators stand little chance in trip to Devils' lair

**NHL.** Jagr moves up all-time scoring list with goal against Ottawa

Jaromir Jagr scored his 693rd career goal, Reid Boucher netted his first in the NHL and the New Jersey Devils beat the Ottawa Senators 5-2 Wednesday night.

Jagr moved past Steve Yzerman and into sole possession of eighth place on the NHL goals list, one behind Mark Messier for seventh. The 41-year-old Jagr's first power-play goal of the season gave him a team-leading 12 goals.

Stephen Gionta scored a

## On Wednesday

5

Devils

2

Senators

short-handed goal during his first shift for the Devils (14-15-6) after an 11-game absence because of an ankle injury. Damien Brunner scored in the second and Eric Gelinas tallied in the third for New Jersey.

Martin Brodeur won his 10th game of the year by making 23 saves against Ottawa (14-16-6).

Damien Brunner scored a brilliant goal at 19:32 of the second to make it 4-1 for the Devils. The winger stripped Ottawa defenceman Jared Cowen of both the puck and his stick, then started left, deked right and came back left to slide the puck past Senators goalie Robb Lechner for his eighth goal.

On the final play of the second period, Ottawa's Clark MacArthur was assessed a double-minor for boarding and roughing, giving the Devils a four-minute power play to start the third. MacArthur tried to draw Anton Volchenkov into a fight, but he resisted, straight-arming MacArthur to keep him away.

THE ASSOCIATED PRESS

## NBA

### Wade propels Heat past Pacers

Dwyane Wade scored 32 points, Ray Allen hit a go-ahead 3-pointer with just under a minute left and the Miami Heat erased a 15-point deficit in the second half to beat the Indiana Pacers 97-94 on Wednesday night.

THE ASSOCIATED PRESS

## NBA

### Walker beats buzzer in Toronto

Kemba Walker scored 29 points, including the 18-footer that sealed the victory as the Charlotte Bobcats beat Toronto 104-102 in overtime. DeMar DeRozan scored a game-high 30 points for the Raptors.

THE CANADIAN PRESS

## NBA

### Knicks look a little slicker with centre Chandler

Tyson Chandler returned from injury, J.R. Smith hit a go-ahead jumper in the second overtime and the New York Knicks beat the Milwaukee Bucks 107-101 on Wednesday night.

THE ASSOCIATED PRESS

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	34	23	9	2	94	70	48
Montreal	36	21	12	3	91	76	45
Tampa Bay	34	20	11	3	93	82	43
Detroit	36	15	12	9	91	99	39
Toronto	36	17	16	3	99	105	37
Ottawa	36	14	16	6	101	118	34
Florida	35	13	17	5	81	110	31
Buffalo	34	8	23	3	59	98	19

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	36	25	10	1	112	78	51
Washington	34	18	13	3	107	102	39
Carolina	34	14	13	7	79	94	35
Philadelphia	34	15	15	4	81	93	34
NY Rangers	35	16	17	2	79	95	34
New Jersey	35	14	15	6	83	87	34
Columbus	34	14	16	4	87	95	32
NY Islanders	35	9	19	7	85	121	25

#### Wednesday's results

New Jersey 5 Ottawa 2  
Pittsburgh 4 NY Rangers 3 (SO)

#### Tuesday's results

Boston 2 Calgary 0  
Buffalo 4 Winnipeg 2  
Tampa Bay 3 NY Islanders 2 (SO)

Florida 3 Toronto 1  
Anaheim 5 Detroit 2  
Montreal 3 Phoenix 1

Philadelphia 5 Washington 2  
Minnesota 3 Vancouver 2 (SO)

San Jose 4 St. Louis 2  
Chicago 3 Nashville 1

Dallas 3 Colorado 2  
Los Angeles 3 Edmonton 0

#### Thursday's games

All Times Eastern  
Phoenix at Toronto, 7 p.m.

Minnesota at Pittsburgh, 7 p.m.

Boston at Buffalo, 7 p.m.

Columbus at Philadelphia, 7 p.m.

Calgary at Detroit, 7:30 p.m.

Nashville at Tampa Bay, 7:30 p.m.

Florida at Ottawa, 7:30 p.m.

Montreal at St. Louis, 8 p.m.

Vancouver at Dallas, 8:30 p.m.

Edmonton at Colorado, 9:30 p.m.

San Jose at Los Angeles, 10:30 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	37	25	7	5	138	102	55
St. Louis	33	22	7	4	114	80	48
Colorado	33	22	10	1	96	78	45
Minnesota	36	20	11	5	84	83	45
Dallas	33	16	12	5	95	101	37
Nashville	34	16	15	3	78	95	35
Winnipeg	36	15	16	5	95	106	35

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	36	24	7	5	116	91	53
Los Angeles	35	23	8	4	97	68	50
San Jose	34	21	7	6	112	84	48
Vancouver	36	20	10	6	100	86	46
Phoenix	33	18	10	5	105	103	41
Calgary	34	13	16	5	86	108	31
Edmonton	36	11	22	3	93	123	25

Note: Two points for a win, one point for overtime loss.

#### Friday's games

Anaheim at New Jersey, 7 p.m.

Washington at Carolina, 7 p.m.

NY Islanders at NY Rangers, 7 p.m.

Florida at Winnipeg, 8 p.m.

Vancouver at Chicago, 8 p.m.

Saturday's games

Calgary at Pittsburgh, 1 p.m.

Phoenix at Ottawa, 2 p.m.

Colorado at Los Angeles, 4 p.m.

Montreal at Nashville, 7 p.m.

Anaheim at NY Islanders, 7 p.m.

Carolina at Tampa Bay, 7 p.m.

Buffalo at Boston, 7 p.m.

Detroit at Toronto, 7 p.m.

Philadelphia at Columbus, 7 p.m.

New Jersey at Washington, 7 p.m.

St. Louis at Edmonton, 10 p.m.

Dallas at San Jose, 10:30 p.m.

Not including last night's games

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## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	20	5	.800	—
d-Miami	19	6	.760	1
Atlanta	14	12	.538	6 1/2
d-Boston	12	15	.444	9
Detroit	13	14	.481	8
Charlotte	12	14	.462	8 1/2
Washington	11	13	.458	8 1/2
Chicago	9	14	.391	10
Toronto	9	14	.391	10
Cleveland	9	15	.375	10 1/2
Brooklyn	9	16	.360	11
Orlando	8	18	.308	12 1/2
New York	7	17	.292	12 1/2
Philadelphia	7	19	.269	13 1/2
Milwaukee	5	19	.208	14 1/2

### WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	22	4	.846	—
Oklahoma City	20	4	.833	1
d-San Antonio	19	5	.792	2
d-L.A. Clippers	17	9	.654	5
Houston	16	9	.640	5 1/2
Phoenix	14	9	.609	6 1/2
Denver	14	10	.583	7
Dallas	14	10	.583	7
Golden State	14	12	.538	8
Minnesota	12	13	.480	9 1/2
L.A. Lakers	12	13	.480	9 1/2
New Orleans	11	12	.478	9 1/2
Memphis	10	14	.417	11
Sacramento	7	17	.292	14
Utah	7	21	.250	16

x - clinched playoff berth; y - division; z - conference.

#### Wednesday's results

Utah 86 Orlando 82

Charlotte 104 Toronto 102 OT

Miami 97 Indiana 94

Atlanta 124 Sacramento 107

Detroit 107 Boston 106

Washington 113 Brooklyn 107

New York at Milwaukee

Portland at Minnesota

Memphis at Dallas

San Antonio at Phoenix

Chicago at Houston

New Orleans at L.A. Clippers

Thursday's games

Chicago at Oklahoma City, 8 p.m.

San Antonio at Golden State, 10:30 p.m.

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the HOTTEST songs of the day

- 6 Classified Pay Day
- 5 John Newman Love Me Again
- 4 Rihanna What Now
- 3 Eminem ft Rihanna The Monster
- 2 One Direction Story of My Life
- 1 Pitbull ft Ke\$ha Timber



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## Horoscopes

### Aries

March 21 - April 20

You may have lots of big ideas in your mind but are you ever going to get around to turning them into something useful, something that makes a difference both to yourself and to others?

### Taurus

April 21 - May 21

You may resent having to pay for something you think you should get for free but if you make a scene you may end up paying even more.

### Gemini

May 22 - June 21

Partnerships of all kinds have been under the spotlight of late and will remain so until the Sun moves out of your opposite sign this weekend.

### Cancer

June 22 - July 23

It may seem as if someone is trying to undermine your position, and maybe they are, but there is no need to worry about it.

### Leo

July 24 - Aug. 23

You have been in impressive form of late but all good things must come to an end and life may not be quite so easy when the Sun changes signs on the 21st. If there is anything of a creative nature that needs doing then do it now.

### Virgo

Aug. 24 - Sept. 23

If you feel the need to kiss and make up with a partner or relative now is the time. If you leave it much longer you may find that it isn't so easy or, worse, that they have found the love they need with someone else.

### Libra

Sept. 24 - Oct. 23

What happens over the next few days will help you to understand that your priorities are wrong, that you are worrying about the things you cannot change while neglecting the things you can.

### Scorpio

Oct. 24 - Nov. 22

Slow things right down and take stock of how far you have come, because only then will you be in a position to decide how far you still have to go.

### Sagittarius

Nov. 23 - Dec. 21

The Sun remains in your sign only until Saturday, so get busy and get as much done as you can between now and then.

### Capricorn

Dec. 22 - Jan. 20

When the Sun moves into your sign this weekend a new solar year begins. Make it your objective, today and tomorrow, to look back over the past 12 months and learn what you can from your mistakes.

### Aquarius

Jan. 21 - Feb. 19

Spend as much time as you can with your friends today because you may not get so many opportunities to be sociable in the days and weeks to follow.

### Pisces

Feb. 20 - March 20

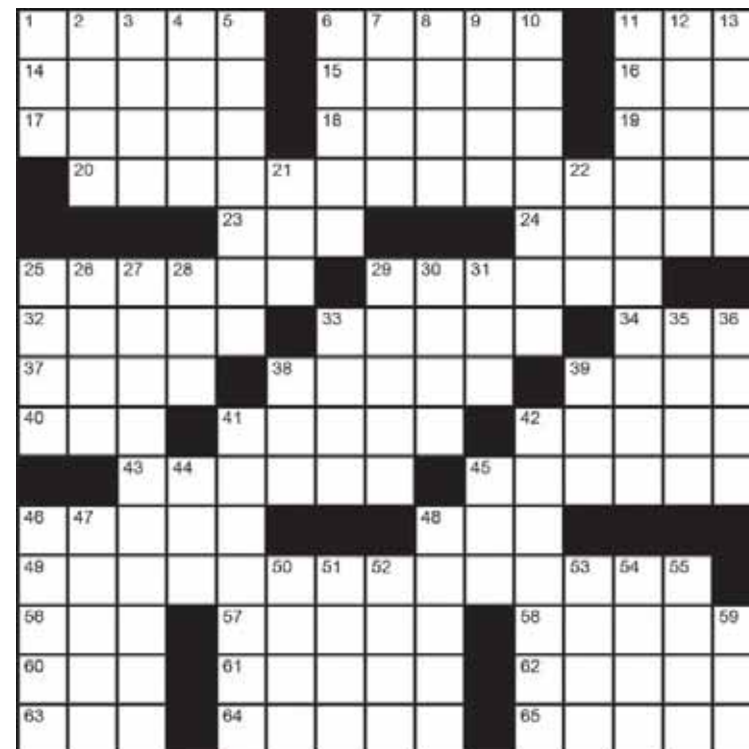
You need to convince those in positions of power that you deserve to be given more responsibility and the rewards that go with it. Timing is everything and the right time is now.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Tropical nut
6. \_\_\_\_ behold!
11. "Pick a Puppy" channel
14. "ER" actress Ms. Tierney
15. Ewoks' forest moon home
16. Not 'neath
17. 'Material' suffix
18. Invest
19. San Francisco's \_\_\_\_ Valley
20. Prospector in "Rudolph the Red-Nosed Reindeer": 2 wds.
23. \_\_\_\_Jongg
24. Actor's tucked-into-shoes devices
25. Country songstress, \_\_\_\_ Lynne
29. Sidekick to #20-Across
32. Birchbark craft
33. Range
34. NHL official
37. With a flair for crafts
38. Lyrical lament
39. Bygone time
40. Golfer's gadget
41. Partake in Winter fun
42. "...not a creature was stirring, not even a \_\_\_\_"
43. Prince \_\_\_\_, British Columbia
45. Awakens
46. "The Birds" (1963) star Ms. Hedren
48. Highway topping
49. They're on the



- Canadian side at Niagara: 2 wds.  
56. Pasta names suffix  
57. Environment Minister, Ms. Aglukkaq  
58. Donald Trump's first wife  
60. '\_\_\_\_' for Rimouski  
61. Gourmand

62. 'frisco footballer  
63. Actor, Daniel \_\_\_\_ Kim  
64. Skirt alternative  
65. Kind of duck

### Down

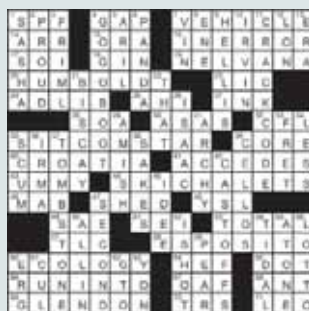
1. Dieter's stat.  
2. Simple

3. Ballet outfit  
4. Mr. Estrada  
5. Alberta city between Red Deer and Edmonton  
6. Bloodsucker  
7. Never, \_\_\_\_ occasion  
8. Env. info

9. Morning's follower  
10. Phys. of 1969 to 1976 TV: 2 wds.  
11. Like many a Christmas Tree  
12. "Count \_\_\_\_." (I don't want to participate)  
13. Lock of hair

21. "Nope."  
22. Rap music's Kim  
25. Hightail it  
26. Tortoise's competitor  
27. Hamlet in the Northwest Territories  
28. Actress Myrna  
29. "Grace Under Fire" star Ms. Butler  
30. Try to persuade  
31. Vachon treat, \_\_\_\_ West  
33. Wing-like  
35. Poet's 'previously'  
36. Charges  
38. Just manage, \_\_\_\_ out  
39. Particular pronoun  
41. Said one's lengthy piece  
42. Banff National Park: \_\_\_\_ Lake, it's glacier-fed  
44. Sit-\_\_\_\_ (Exercises)  
45. UK military service  
46. Race place  
47. Ancient Greek colony  
48. "\_\_\_\_ are Not Enough" by Northern Lights  
50. Singe  
51. Table d'\_\_\_\_ (Fixed price restaurant menu)  
52. Threes - twos = what?  
53. Old Rome's 57  
54. Ground  
55. Dagger  
59. ETA part, for short

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

6	1	9	3	7	4	2	8	5
4	5	7	8	9	2	1	3	6
2	3	8	1	5	6	7	4	9
3	4	2	7	1	5	6	9	8
1	6	9	4	3	5	7	2	
9	7	5	6	2	8	4	1	3
8	2	3	4	6	7	9	5	1
7	8	1	5	8	9	3	2	4
5	9	4	2	3	1	8	6	7

7		8		4	5			1
	5		8					2
	1		3				8	
9								2
		4	6		7	1		
	6							3
	7				2		1	
3					9		5	
6			5	1		8		

**Today**

**-2°/-7°**

Flurries

40%

**Friday**

**1°/-2°**

Flurries

40%

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